

WANDERING CART



The wandering cart is designed for the nursing home resident who enjoys pushing laundry, cleaning, or medication carts that are on the unit. Rather than struggling with a resident who wants to push a cart simply provide him or her with the wandering cart. It is specifically designed so that a meal tray can be placed on top of the cart. This allows the wandering resident to have snacks and drinks available. It is also useful for the resident who cannot sit down long enough to eat. The colorful cloth pockets should be filled with interesting activities. Other residents will be able to stop, talk, and then take an activity to keep busy. See the activity apron for ideas.

Cues for use: When a resident attempts to take a staff cart, divert his or her attention by offering the wandering cart instead.

Promotes:

1. Opportunity to walk pushing a cart.
2. Food and fluid intake while walking.
3. Activities to use to interact with others.

Discussion ideas:

Did you grocery shop using a cart?

Where do you like to shop?

What kinds of food do you like to buy in the grocery store?

Hardware Needed:

QTY

- 14 ½ inch CPCV street tees (.19)*
- 4 ½ inch CPCV 90° elbows (.14)
- 2 ½ inch CPCV 45° street elbows (.29)*
- 4 ½ inch CPCV 90° wing elbows (1.39)
- 3 10' sections of ½ inch CPCV pipe (3.99)
To be cut into the following lengths: 5 @ 18", 2 @ 6", 6 @ 14", 4 @ 20"
- 4 2" utility swivel wheels
- 1 Piece of ¾" plywood 17" x 20"
- 24 1/2" wood screws
- 1 jar all purpose CPCV/PCV cement (2.39)

** If you are unable to find street elbows and tees you will need to cut ¾" connectors from the scrap pipes in order to join the fittings.

Fabrics needed:

- 1 piece 18" x 31" of fabric for front panel
- 1 piece 19" x 31" of fabric for back panel
- 2 pieces (each 13" x 31") of fabric for side panels
- 1 piece 16" x 31" for pocket panel use fabric that looks good from both sides
- 2 pieces 9" x 7" for side panel pockets
- 4 'of Velcro strip (cut into 1- 15" section and 18 - 2" sections)

Suitable fabrics are any that can be machine washed such as velour, polar fleece, canvas and corduroy in bright colors and patterns. It is good to have a variety of different colors, patterns and textures. If desired add fabric cut into shapes, more pockets or anything else you can think of to the panels.

Other Useful Items

Items to stuff into pockets such as: gloves, sun glasses, key ring, junk mail, wallet, small pad of paper, costume jewelry.

Assembly Instructions

Step 1 - Start by preparing plywood base by sanding the corners dull and ensuring all edges are smooth. Using the wood screws secure the four swivel wheels in each corner. It is helpful to pre-drill the holes.

Step 2 - Cut the CPVC pipe into the required section using a fine toothed saw (9 to 14 teeth per inch) or you may use a 24-tooth-blade hacksaw or a power saw. If using a vise to hold the pipe, wrap it in cloth to protect it. Otherwise you may use a miter box. Remove any burrs from the inside and outsides of the cut edges with a pocket knife or sandpaper.

Step 3 - Assemble the CPVC pipes and fitting according to the diagram on the following page. Use the CPVC cement as directed on the jar. You may wish to assemble the unit prior to gluing to ensure that they fit correctly.

Step 4 - Mount the CPVC structure onto the plywood base using the remaining wood screws, again pre-drilling holes.

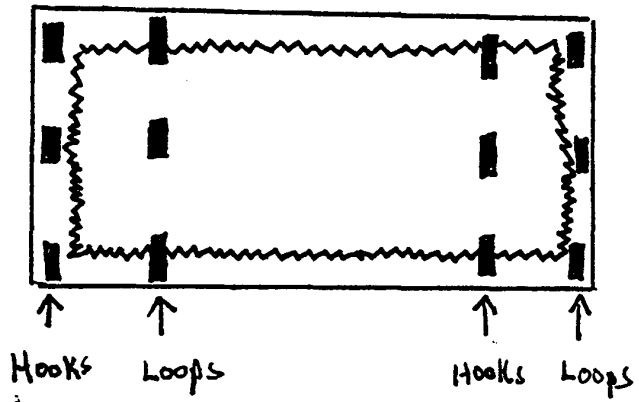
Step 5 - Sew a 1" hem around all fabric pieces **except** the front pocket piece. You may want to use colorful thread and zigzag stitch to contrast the material you are working with.

Step 6 - Side panels: On the backs of the panel sew a 2" piece of velcro (the hook side) horizontally to the two and bottom of the fabric approximately 1" in from the sides of the fabric (see diagram). You may again use the zigzag stitch to do this. Place the fabric on the cart and wrap around the pipes as noted in the diagram. Determine where the loop side of the four velcro pieces need to be placed then sew them on. Center a pocket about 6" below the top of the side panel on the face side and sew on.

Step 7- Back and front panels: Apply velcro in the same manner that you did the side panels but place 3 velcro strips on top and bottom. The front panel is attached to the side pipes in a horizontal direction.

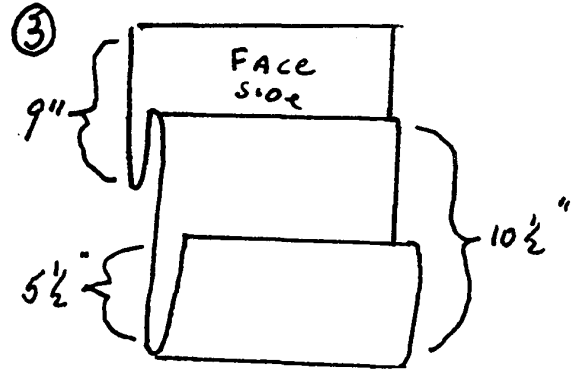
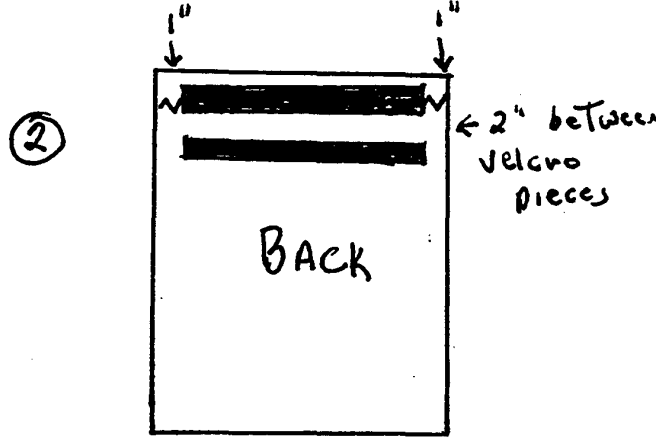
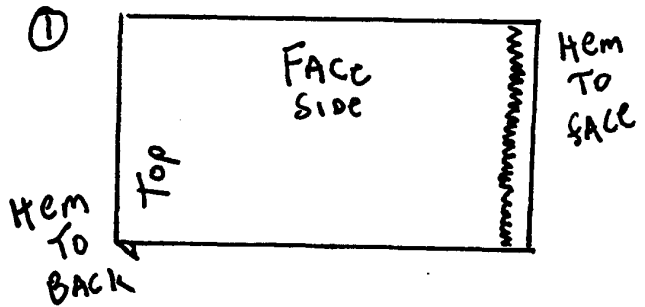
Step 8 - Front pocket: Hem the top of the panel and hem the bottom in the direction of the face of the material (see diagram). Sew the 15" piece of velcro across the top on the back side leaving 1" on both sides for hemming that will be done later. Sew the corresponding piece of velcro below the first one so there is a 2" space between them. Fold and pin the material as shown in the diagram and then sew a hem up each side. Sew a double seam up the middle of the fabric to create four pockets.

Step 9 - Place all panels on cart according to diagram. Fill pockets with odds and ends. A meal delivery tray can be placed on top for snacking on the go.

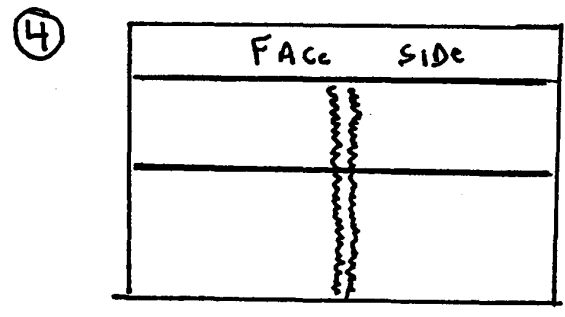


BACK OF FABRIC
Panels with
VELCRO piece placement

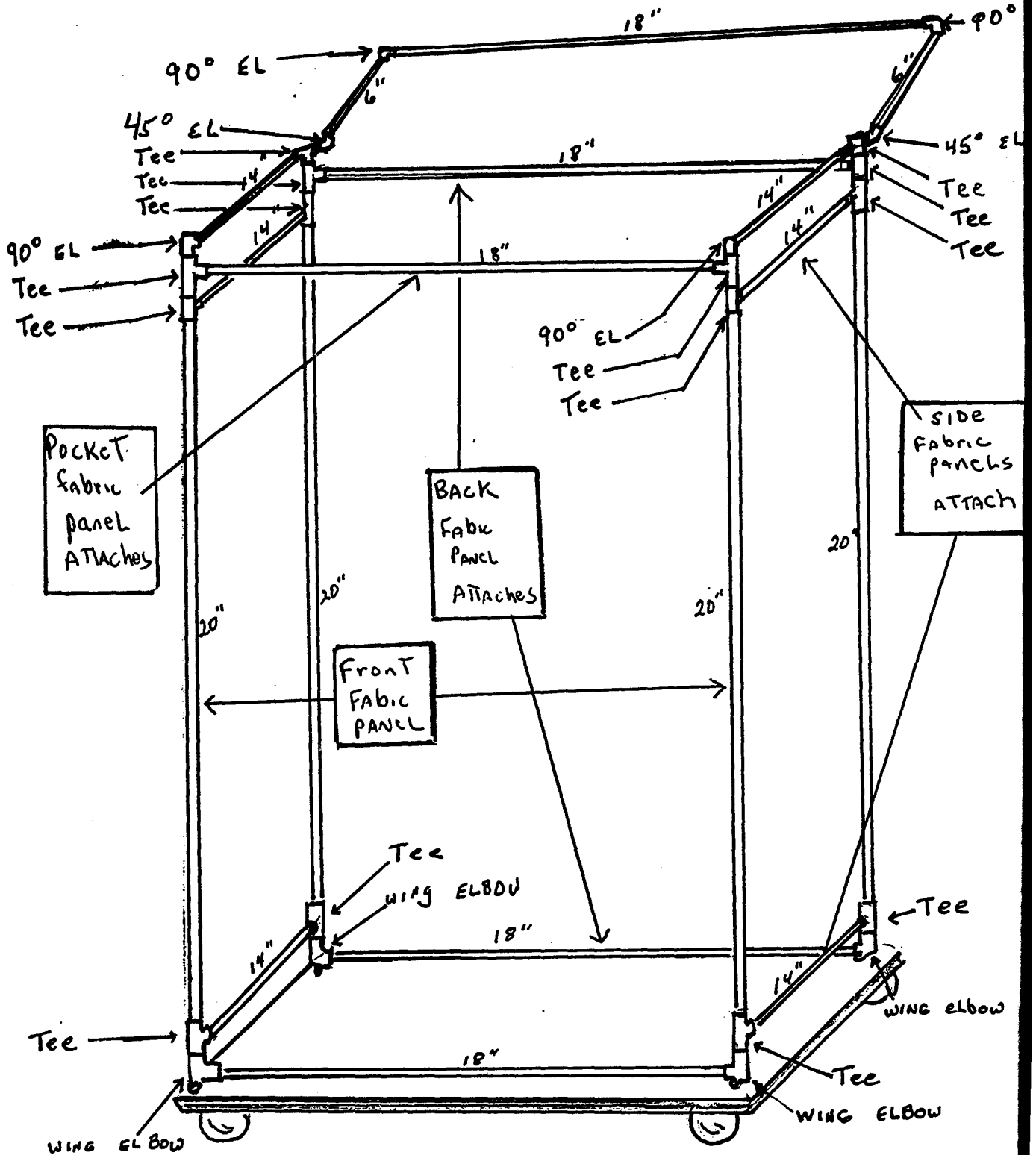
Pocket Panel:



FOLD AS ABOVE AND
hem sides 1/2"



39 Double stitch up
middle to form pockets



Buettner, L. & Greenstein, D. (1997). Simple Pleasures: A multi-level sensorimotor intervention for nursing home residents with dementia. (Training manual and instructions)